

**CAPITAL VASCULAR SURGEONS & VEIN CENTER
3855 J STREET
SACRAMENTO, CALIFORNIA
95816
PH: (916) 733-0660
FX: (916) 733-0664**

Post-Op Instruction Sheet for Closure Surgery

1. Keep operative leg elevated with a pillow while resting; do not sleep with a pillow. Ice packs can be applied to groin/leg incisions.
2. Swelling may occur in your feet. If the bandages become too tight or if your foot is numb, you may cut the dressing a small amount to relieve the pressure. Do not remove the Ace bandage until seen by Dr. Ward.
3. If drainage occurs through the dressing, just observe. If you see dripping through the area of drainage, apply pressure for 5 minutes. If the dripping continues, call the office at 916-733-0660. After hours, call the office and the answering service will contact the doctor for you. **If a life-threatening emergency occurs, call 911 and ask to be transported to the nearest emergency room.
4. Take 600mg Ibuprofen every 12 hours until your prescription is gone.
5. For 12 hours, it is advised that you do not do any lifting, bending, operate heavy machinery or household appliances, do not drive, and do not drink alcoholic beverages (beer, wine, etc.), and do not sign any important papers.
6. Ambulate 3-4 times for 5 minutes around the house. No standing for long periods of time.
7. Do not cross your legs.
8. If there are steri-strips, leave them in place. You may shower with warm water. The steri-strips should fall off within 2 weeks. Do not remove them on your own.
9. No swimming, tub bathing, hot tub, or saunas for 5 days.
10. Refrain from aerobic exercise, weight lifting, jogging, etc. for 48 hours after surgery.
11. Use sunscreen SPF 30 or higher for two months on all surgical sites that are exposed to the sun.